Name:

MyPyramid FOR KIDS

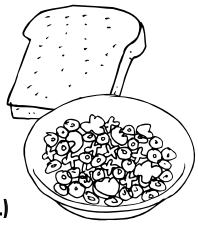
Food Math

Jason is 9 years old. He's physically active sometimes. Each day, he needs to eat:

Grains	Vegetables	Fruit	Milk	Meat and Beans
6 ounces	2½ cups	1½ cups	3 cups	5 ounces

Help Jason decide what to eat today. Plan breakfast, lunch, dinner, and a snack. Be sure he gets all the food he needs from each group. (Food items may be selected more than once.)

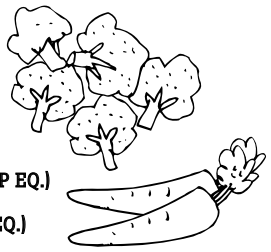
Grains 6 ounces



___ 1 slice whole-wheat toast* **(1 OZ EQ.)**
___ 5 whole-wheat crackers* **(1 OZ EQ.)**
___ 1 slice white bread **(1 OZ EQ.)**
___ 1 slice whole-wheat bread* **(1 OZ EQ.)**
___ 1 cup whole-grain ready-to-eat breakfast cereal* **(1 OZ EQ.)**
___ ½ cup cooked brown rice* **(1 OZ EQ.)**
___ 1 cup cooked pasta **(2 OZ EQ.)**
___ 1 hamburger bun **(2 OZ EQ.)**
___ 3 cups lowfat popcorn* **(1 OZ EQ.)**

*Items marked with a * are whole-grain*

Vegetables 2½ cups

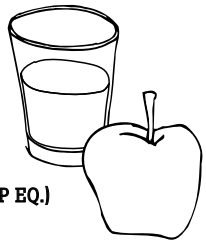


___ 6 baby carrots* **(½ CUP EQ.)**
___ 1 large ear of corn **(1 CUP EQ.)**
___ 1 medium baked potato **(1 CUP EQ.)**
___ 1 cup cooked greens* **(1 CUP EQ.)**
___ 1 large baked sweet potato* **(1 CUP EQ.)**
___ 3 spears broccoli* **(1 CUP EQ.)**
___ ½ cup tomato juice **(½ CUP EQ.)**
___ 1 cup chopped lettuce **(½ CUP EQ.)**

*Items marked with a * are dark green or orange vegetables*

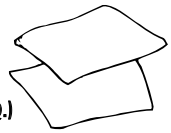
Key: (1 OZ EQ.) means (equals 1 ounce equivalent)

Fruits 1½ cups



___ 1 small apple or ½ large apple **(1 CUP EQ.)**
___ 1 large orange **(1 CUP EQ.)**
___ 1 snack-sized container of peaches **(½ CUP EQ.)**
___ 1 large plum **(½ CUP EQ.)**
___ 1 small box raisins **(½ CUP EQ.)**
___ 1 cup 100% orange juice **(1 CUP EQ.)**
___ 1 medium wedge cantaloupe **(½ CUP EQ.)**
___ 1 small wedge watermelon **(1 CUP EQ.)**

Milk 3 cups



___ ½ cup lowfat or fat-free cottage cheese **(¼ CUP EQ.)**
___ 1 cup fat-free milk **(1 CUP EQ.)**
___ 1 snack-sized lowfat or fat-free yogurt **(½ CUP EQ.)**
___ 1 half-pint container 1% or 2% milk **(1 CUP EQ.)**
___ 2 ounces of lowfat or fat-free American cheese **(1 CUP EQ.)**
___ 1½ ounces of lowfat or fat-free cheddar cheese **(1 CUP EQ.)**
___ 1½ cups light ice cream **(1 CUP EQ.)**

Meat and Beans 5 ounces

___ 1 ounce of nuts **(2 OZ EQ.)**
___ 1 cup split pea soup **(2 OZ EQ.)**
___ 1 small chicken breast half **(3 OZ EQ.)**
___ 1 small lean hamburger **(3 OZ EQ.)**
___ 1 hard-boiled egg **(1 OZ EQ.)**
___ 1 tablespoon peanut butter **(1 OZ EQ.)**
___ ¼ cup of pinto beans **(1 OZ EQ.)**
___ 1 slice of turkey **(1 OZ EQ.)**